



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA NGUMNGUNDO

- Umngundo ukho kuyo yonke indawo.
- Amachaphaza amnyama ezindongeni nakwiisilingi zamagumbi afumileyo ngumngundo; izinto ezingathi buboya ezimhlophe namnyama esonkeni esidala nakwezinye izinto ezityiwayo ngumngundo; kanjalo neenkowane ziluhlobo oluthile lomngundo!
- Umngundo ukhupha amasuntswana amancinci ekuthiwa yimbewu emoyeni, yaye yile mbewu ebangela iimpawu ezibonisa ukwalana nempilo ebantwini xa bathe bazisezela.
- Kanjalo umngundo ungabangela ezi mpawu xa udibana nesikhumba.
- Abantu abalungelani nezi mbewu zomngundo yaye bangahlaselwa sisifuba, iimpawu eziba sezimpumlweni, ukurhawuzelelwa ngamehlo nerhashalala.
- Imbewu yomngundo isasazeka unyaka wonke yaye ifumaneka kwiindawo ezifumileyo endlwini nangaphandle.
- **Endlwini:** amagumbi okuphekela (iifriji), amagumbi okuhlambela, umhlaba wezityalo ezisendlwini neendawo ekusetyenziswa kuzo izinto zokunyakamisa noomatshini bokomisa impahla.
- **Ngaphandle:** amagqabi abolayo, ingca echetyiweyo, iingqumba zomgquba nengca yolwandle.
- Umngundo uchuma kwiindawo ezifudumeleyo nezifumileyo yaye imbewu yawo ithanda ukuxhaphaka entwasa-hlobo nasekwindla.
- Malunga nama-20% abaguli abanesifuba kungenzeka bayaliwa ngumngundo.
- Umngundo ufumaneka kwiindawo ezixinene kakhulu elunxwemeni ngokukodwa kwiindawo ezikumazantsi etropiki zelizwe (KwaZulu Natal).

IINTLOBO ZOMNGUNDO EZIVUSA UKWALANA NEMPILO NEZIXHAPHAKILEYO EZIFUMANEKA EMZANTSI AFRIKA

I-*Alternaria Alternata*

- Ithathwa kakhulu ngokuba ngumngundo wasendlwini
- Izinto ezityiwayo (amachaphaza amnyama ekunyeni)
- Iindawo ezifumileyo endlwini (Amagumbi okuhlambela)

I*Cladosporium Herbarum*

- Endlwini (iifriji ezingacocwayo, iifestile neefreyim zeefestile ezifumileyo, izinto ezityiwayo nezindlu ezingangeni moya kakuhle.)
- Ngaphandle (ixhaphake kakhulu kwizityalo ezifileyo nasemhlabeni.)
- Ngowona mngundo uxhaphakileyo ekubangeleni ukwalana nempilo yomntu eMzantsi Afrika.

IPenicillium Notatum

- Ukutya okonakeleyo food (isonka esidala, itshizi, iisiryali neziqhamo)
- Kwimiyezo yeediliya neendawo zokugcina iwayini.
- Isetyenziswa ekuveliseni itshizi eluhlaza.
- Ixhaphaka kakhulu ebusika nasentwasa-hlobo.

I-Aspergillus Fumigatus

- Ifumaenka emhlabeni, emagqabini nemifuno ebolayo, ubulongwe beentaka nebhatata egciniweyo.
- Ayithandi kuba ninzi kakhulu emoyeni.
- Lo mngundo unxulunyaniswa nesifuma kunye neemeko ezifana neFarmer's lung.

UKULAWULA UMNGUNDO EKHAYENI

Imilinganiselo eqhelekileyo yolawulo

- Qinisekisa ukuba kubetha umoya ngokwaneleyo; izindlu ezivalekileyo ziyakuthintela kungaphumi ukufuma yaye zenza kube lula ukukhula komngundo.
- Qingqa inani lezityalo oza kuzigcina endlwini.
- Kunokusetyenziswa izinto zokuphelisa ukufuma xa zikhona (ukufuma ngaphakathi endlwimi mabuhlale kwi-50% okanye ngaphantsi).
- Musa ukugcina iinkuni endlwini.
- Qinisekisa ukuba umatshini wokomisa iimpahla ukhuphela umoya oshushu ngaphandle xa uwusebenzisa. Zama ukukuphepha ukoneka iimpahla ezimanzi endlwini.
- Yosula iindawo ezingundileyo ngeblitshi okanye ufake ipeyinti exhathisa umngundo.

Igumbi lokuphekela

- Sebenzisa iifeni zokukhupha umsi xa upheka.
- Imigqomo yenkukuma imele ichithwe yaye icocwe rhoqo.

Igumbi lokuhlambela

- Coca ze wosule imiphezulu kwigumbi lokuhlambela yaye qinisekisa ukuba kungena umoya ngokwaneleyo.
- Vula iifestile emva kokusebenzisa ishawa okanye ibhafu.

Igumbi lokulala

- Tshintsha ikhaphethi encanyathelisiweyo ufake iplanga okanye iithayile. Faka imatrasi nemiqamelo kwizigqubuthelo ezingahlali mangolwane.
- Zikhuphe izityalo ezisendlwini yaye ungagcini ukutya kwigumbi lokulala.
- Yosula ukubila okusezifestileni.
- Yosula iifreyim ezifumileyo zeefestile.

- Vula iikhabhathi kungene umoya yaye ungaze ugcine izinto ezizanzi njengezihlangu, impahla, imithwalo okanye izinto ezenziwe ngofele ezikhabhathini.
- Iikhetini, amaplanga emiphethweni yodonga ne *wallpaper* zingenza kube lula ukukhula komngundo.
- Izinto zokunyakamisa nezokukhupha umphunga ezisetyenziswa ekunyangeni ukukhula komqala ziza kuwanyusa amathuba okukhula komngundo kwigumbi lokulala.
- Ibhalbhu enamandla ombane asezantsi (40w) okanye ikhemikhali yokuphelisa ukufuma iza kuwanciphisa amathuba okukhula komngundo xa ibekwe ezikhabhathini.

NGAPHANDLE

- Abantu abaliwayo bamele bayiphephe ingca endala echetyiweyo nokuqokelela amagqabi ngeharika (okanye kunxitywe imaski).
- Iimbewu zomngundo zithanda ukuxhaphaka ngeemini ezishushu nezinomoya.
- Kuphephe ukuzibeka engozini kwindawo enomhlaba, iingqumba zomgquba, intlabathi, ifula, imidiliya noovimba.
- Iindawo zokucina ukutya efama zigcwele ngumngundo.
- Lungisa imibhobho yamanzi enengxaki ecaleni kwezindlu, njengoko amanzi amileyo enyusa amathuba okuyileka komngundo.
- Kuphephe ukumisa intente okanye ukuhambahamba emahlathini okanye kwiindawo ezigcwele uhlaza kakhulu ekwindla nasebusika xa emaninzi amagqabi avuthulukileyo nawe emhlabeni.

UKUNGAKHUSELEKI NGENXA YOMSEBENZI

- Amafama, abantu abasebenza egadini, ababhaki, abadidiyeli botywala, abasebenza ngeentyatyambo, abachweli, abasebenza kwindawo yokuguba, abenzi bewayini nabantu abaxhoma iwallpaper basengozini yokungenwa kukwaliwa ngumngundo.
- Izixhobo zolawulo-qondo lomoya ezingasebenzi kakuhle zingawunwenwisa umngundo.
- Iindawo zokukhulisa izityalo neendawo zokucina iwayini zikhuthaza ukukhula komngundo.

UXILONGO NONYANGO

- Kusengakho imbali yesifuba neempawu ezisezimpumlweni ebonisa ukuba zinxulumene nokwaliwa ngumngundo.
- Ukwaliwa ngumngundo kunokuqinisekiswa, ukuba kuyarhanelwa ngenxa yembali, ngokuhlola isikhumba okanye igazi.
- Uyango lokuqala lungaquka ukukuphepha ukudibana nomngundo xa kunokwenzeka.
- Izifo zokwalana kwempilo yomntu nezinto ezinokuvuselelwa ngumngundo, njengesifuba nokuthimlisa yinto ongalungelani nayo, kufuneka zinyangwe ngendlela efanelekileyo.

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linguqulelo-lwimi zixhaswa nguCIPLA